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ABSTRACT

This booklet contains word games and puzzles, designed for use as introductory exercises at school food service training workshops, nutrition education classes, community health meetings, or for use by students. Time needed to play the games ranges from 5 to 15 minutes, depending on the nutrition knowledge and experience of the participants. Answers to the games are also included. (Author/GC)

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"ICE BREAKERS"

Nutrition Education Paper-Pencil Games

Food and Nutrition Service
United States Department
of Agriculture
Washington, D.C. 20250
FNS-120

NUTRITION EDUCATION PAPER-PENCIL GAMES

Experience has shown that games can be effective teaching tools. The players learn while playing. Games arouse interest and motivation, and create a fun-filled atmosphere while focusing attention on the facts to be learned.

These games have been prepared for use as "ice breakers" or "warm up pieces" at school food service training workshops, nutrition education classes, community health meetings, or for use by students. Time needed to play the games ranges from 5 to 15 minutes, depending on the nutrition knowledge and experience of the participants.

Please note that answers to the games are also included in the back of the packet.

The games were submitted by members of the Nutrition and Technical Services Division of the Food and Nutrition Service, both in Washington and the Regional Offices, by cooperating State Agencies and by other individuals. We are happy to share them with each of you, and we hope they add to your nutritional training programs.

CONTENTS

Game Number	Game Title
1	Food Categories Do Count
2	Fruit Flair
3	Grow Your Own Mixed Vegetables
4	The Key Nutrient Match
5	Know Your Nutrients
6	Menu Planner's Dream
7	Name a Nutrient
8	Score With The Basic Four
9	Scramble For Your Food
10	Table Setting Needn't Be Puzzling
11	Vitamin Road to Good Nutrition
	Answer Sheets

Programs of the U. S. Department of Agriculture are available to all eligible persons regardless of race, sex, color, creed, or national origin.

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1.—FOOD CATEGORIES DO COUNT

When the blanks below are filled in correctly, you spell out the food category representing the foods listed in each group.

_ISCUIT
_OLL
FR_NCH
R_ISIN
CORNBREA_

_IGS
BLUEBE_RIES
CANTALO_P
RA_SIN
S_RAWBERRY
PEAR_

HA_
V_AL
B_CON
S_EAK

PUD_ING
PI_
_PICECAKE
CHEE_ECAKE
IC_CREAM
PAST_Y
_URNOVER
_HORTCAKE

_ORNMEAL
RIC_
MACA_ONI
CRACK_RS
O_TMEAL
NOOD_ES
_PAGHETTI

2.—FRUIT FLAIR

Each of the scrambled words below is the name of a FRUIT. Fruits are rich in the vitamins and carbohydrates we need in our diet. Unscramble them to find your favorite fruits.

RHEYCR	AANBAN	ELMI
ERAPGURFTI	PAELP	PAIENPLEP
RPOTCIA	RPAE	NUREP
PEHAC	NMLOE	ENARIGTEN
RBEISRE	GERNAO	NKMPUIP
AOTNLEG	ULMP	ATNCOLUAP

3.—GROW YOUR OWN MIXED VEGETABLES (Part 1)

The words below appearing in capital letters are all names of VEGETABLES, spelled in a mixed-up manner. You must unscramble the letters to find the vegetable and then put the correctly spelled word into the puzzle on the next page.

GARDEN TOOLS

17-Across

22-Across

20-Down

MIXED VEGETABLES

ACROSS

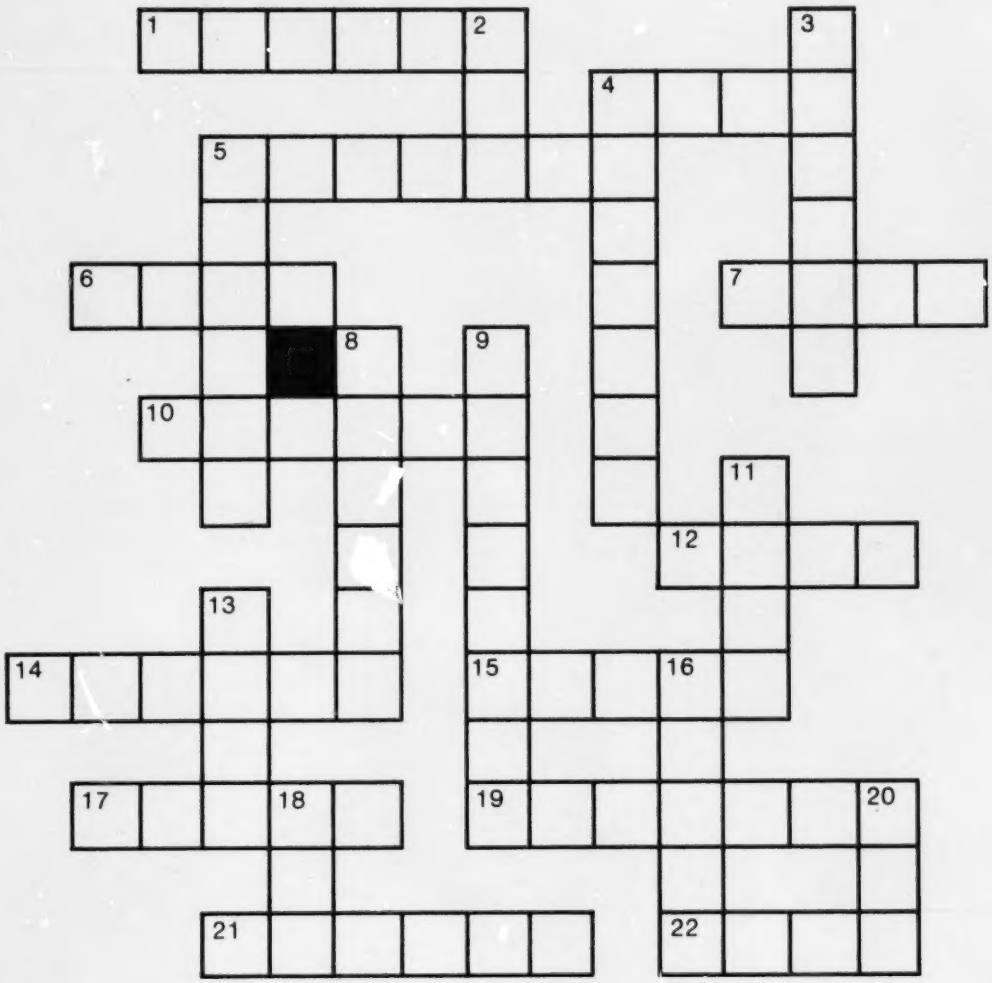
1-N T U P I R
4-I M A L (with 11 down)

5-B A C A B E G
6-O N R C
7-Useless plant
10-M T O T O A
12-E B T E
14-Q S A S U H
15-N O I N O
19-C S P N H I A
21-L E Y C E R

DOWN

2-E P A
3-Piece of ground used to grow vegetables
4-E T C U E L T
5-R O C R T A
8-D S A R H I
9-T S P O T A E O (More than one)
11-N A B E
13-G A B A (Short for rutabaga)
16-Man to whom the garden belongs
18-Mother Rabbit

3.–GROW YOUR OWN MIXED VEGETABLES (Part 2)

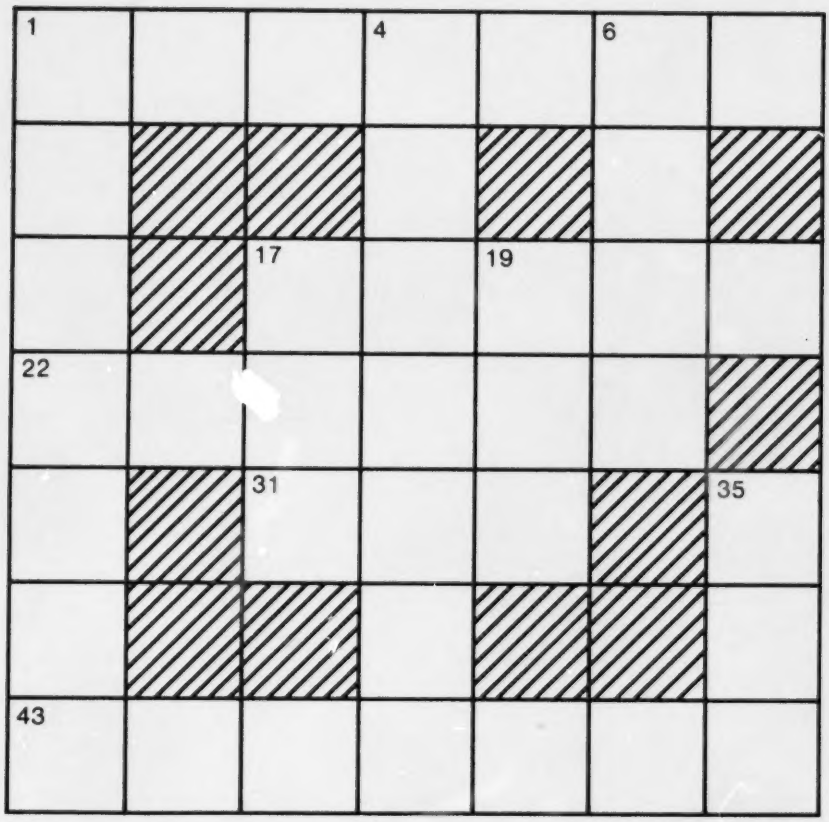


4.—THE KEY NUTRIENT MATCH

Match the Key Nutrients in the left column with the one phrase in the right column which makes the truest sentence. Circle the number of the most correct phrase.

Protein	1. builds and repairs body cells. 2. is abundant in green leafy vegetables. 3. is needed by children only.
Fats and Carbohydrates	1. are good for weight watchers. 2. eliminate tooth decay. 3. give energy for work and play.
Calcium	1. builds skin cells. 2. helps build bones and teeth. 3. is a vitamin.
Iron	1. helps your nerves carry messages. 2. improves eyesight. 3. builds red blood cells.
Thiamin	1. promotes good appetite and digestion. 2. heals wounds. 3. produces muscular disability.
Riboflavin	1. regulates heart beat. 2. combines with protein to form enzymes. 3. causes loss of appetite.
Niacin	1. repairs muscles. 2. builds body cells. 3. is called the pellagra preventing vitamin.
Vitamin C	1. helps hold body cells together. 2. makes your gums bleed. 3. promotes digestion.
Vitamin A	1. helps your muscles work. 2. helps you see in the dark. 3. helps blood to clot.

5.–KNOW YOUR NUTRIENTS



ACROSS

1. Nutrient that builds muscles.
17. The measuring stick that measures the energy in your food is a _____ie.
22. A B-vitamin needed to prevent pellagra.
31. You can balance your diet if you follow _____ Basic Four.
43. Carbohydrates come from foods that are sugary and _____.

DOWN

1. A very good energy snack.
4. If you have trouble with your school work you should ask your _____.
6. You need this to build strong blood.
17. A balanced diet is more important for you than for your dog or your _____.
19. You need more energy to play baseball than you do to _____ down.
35. Vitamin C is one vitamin that you must have every _____.

6.–A MENU PLANNER'S DREAM

Mary enjoys planning meals weekly. In fact she dreams about menu planning nightly. Unscramble these words and name the menu planning principles of food classes Mary dreams about.

1. TRVIYAE _____
2. UIRSTOTNUI _____
3. LEVBAESGTE _____
4. INMA HSDI _____
5. RTIFUS _____
6. ASYFTIGNIS _____
7. LSDASA _____
8. ZPEAGPINTI _____
9. RUOLOCFL _____
10. SERDSTE _____

7.–NAME A NUTRIENT

When the blanks below are filled in correctly, you spell a common nutrient found in each of the foods listed in the group. Fill in blank letters to name the NUTRIENT.

__OULTRY
D__YBEANS
H__TDOG
__URKEY
B__EF
F_SH
TU__A

L_VER
COLLA__DS
M__LASSES
BEA__S

GUA__A
TURN_PS
__ANGERINE
GR__PEFRUIT
TO__ATO
CAUL_FLOWER
ORA__GE
__ABBAGE

ENDI__E
APR_COTS
CARRO__S
K__LE
PU__PKIN
SP_NACH
PRU__ES
SQU__SH

8.—SCORE WITH THE BASIC FOUR

Fill in as many different foods under each BASIC FOUR FOOD GROUP as you can think of in ____ minutes (fill in number of minutes before you start).

MILK GROUP

MEAT GROUP

VEGETABLE-FRUIT GROUP

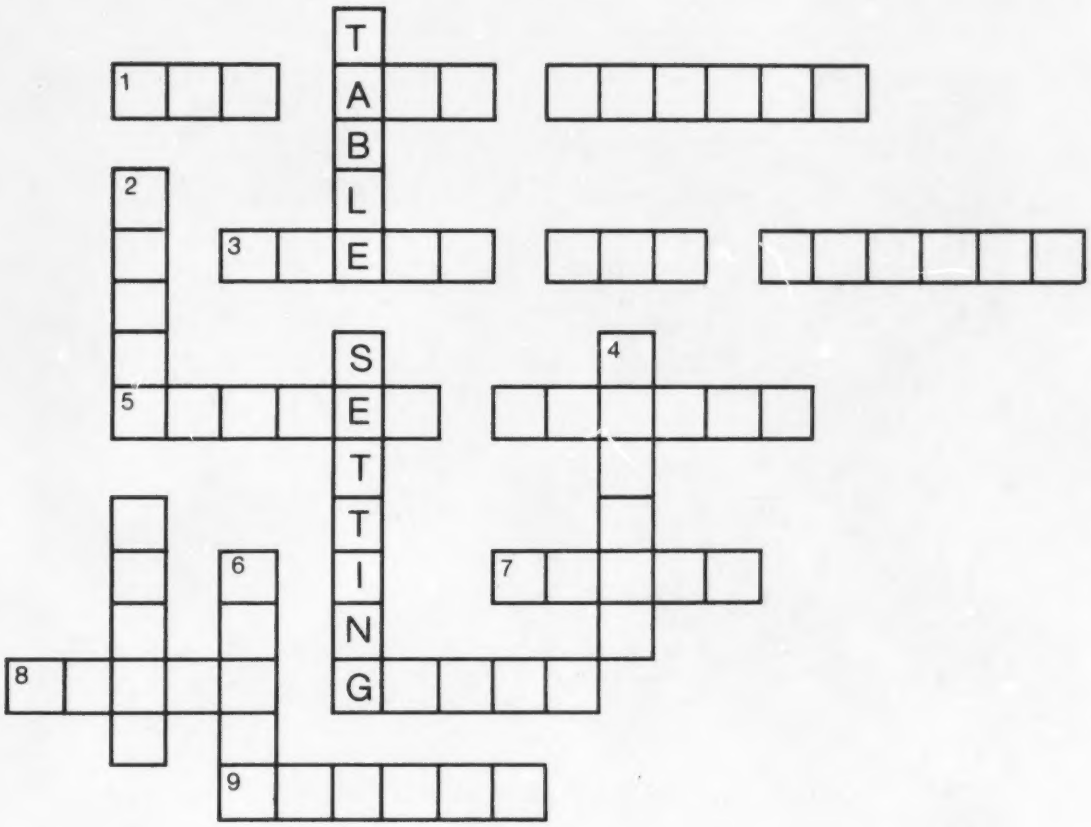
BREAD-CEREAL GROUP

9.–SCRAMBLE FOR YOUR FOOD

There are about 20 food words hidden in the scramble below. Find the words and circle them. Some are straight across and some are straight down. The circles may overlap.

T O P E P P E R
I P O R K O K A
C A R R O T B N
E I A O O A I C
L M I L K T S A
E U C L R O C K
R F R C A R U E
Y F E A S P I E
A I A B E E T C
P N M B E A N Y
P L E A S T E W
L O A G B I A O
E P L E S O U P

10.—TABLE SETTING NEEDN'T BE PUZZLING



ACROSS

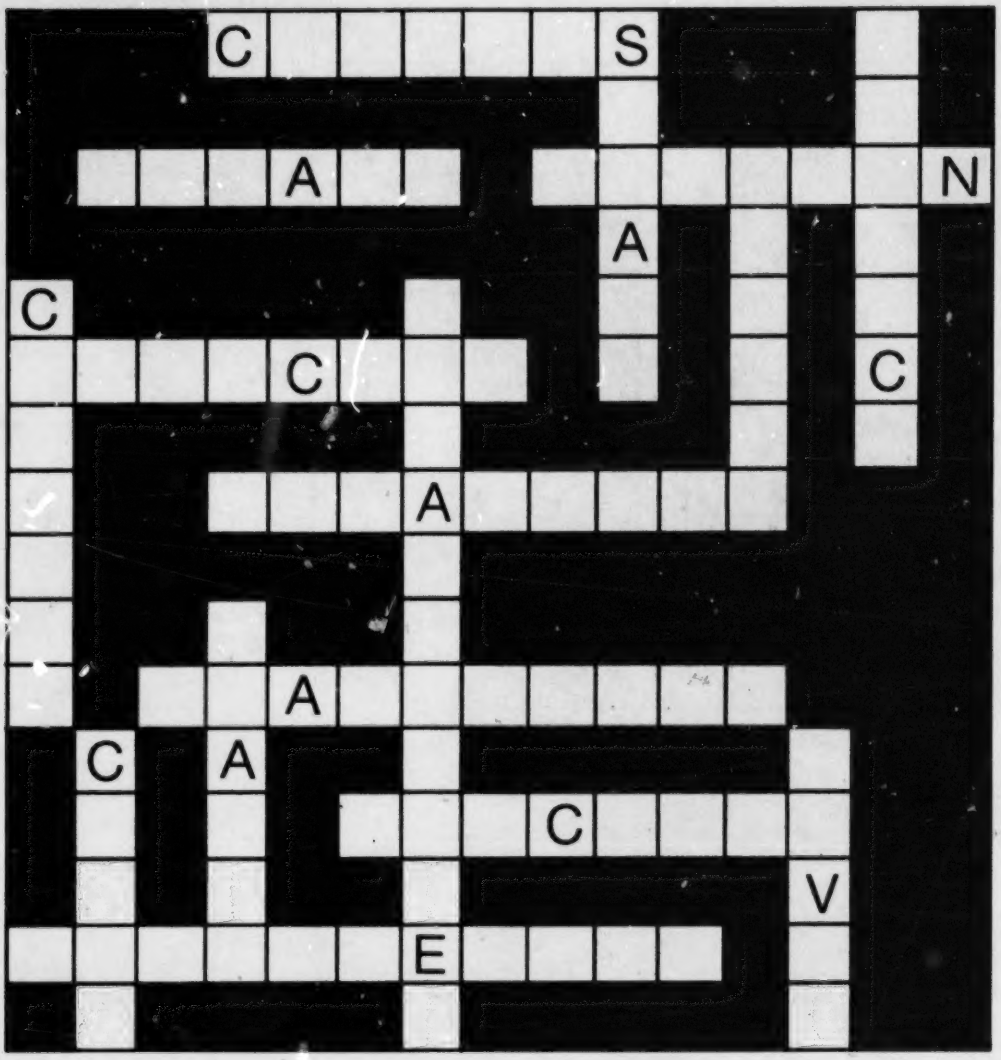
1. A ____ ____ _____ is correctly placed to the right, in line with the middle of the plate.
3. A ____ ____ _____ plate has its place just above the tip of the fork.
5. Space _____ _____ evenly and directly opposite each other, 1 inch from the edge of the table and at least 18 inches apart.
7. The _____ is placed at the right of the plate. The sharp edge of the _____ is always turned toward the plate.
8. A _____ _____ is placed just above the tip of the knife blade.
9. The _____ are placed at the right of the knife. Place knives, forks, and spoons in order in which they will be used, from the outside in toward the plate.

DOWN

2. The _____ _____ may be placed to the left of the forks.
4. A _____ is placed at the left of the plate or on the plate.
6. _____ are placed to the left of the plate and placed an inch from the edge of the table or place mat.

11.—THE VITAMIN ROAD TO GOOD NUTRITION

Print the names of 16 good vitamin A or C foods in the boxes reading across and down in the crossword puzzle. The letters given make up part of the name.



ANSWER SHEET

1.–FOOD CATEGORIES DO COUNT

BISCUIT
ROLL
FRENCH
RAISIN
CORNBREAD

FIGS
BLUEBERRIES
CANTALOUP
RAISIN
STRAWBERRY
PEARS

HAM
VEAL
BACON
STEAK

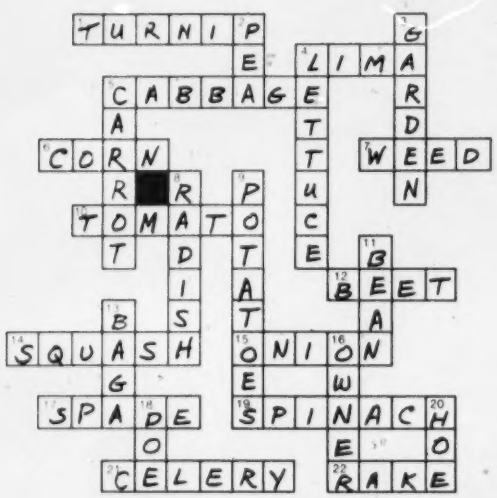
PUDDING
PIE
SPICECAKE
CHEESECAKE
ICECREAM
PASTRY
TURNOVER
SHORTCAKE

CORNMEAL
RICE
MACARONI
CRACKERS
OATMEAL
NOODLES
SPAGHETTI

2.–FRUIT FLAIR

RHEYCR (CHERRY)
ERAPGURFTI (GRAPEFRUIT)
RPOTCIA (APRICOT)
PEHAC (PEACH)
RBEISRE (BERRIES)
AOTNLEG (TANGELO)
AANBAN (BANANA)
PAELP (APPLE)
RPAE (PEAR)
NMLOE (LEMON OR MELON)
GERNAO (ORANGE)
ULMP (PLUM)
ELMI (LIME)
PAIENPLEP (PINEAPPLE)
NUREP (PRUNE)
ENARIGTEN (TANGERINE)
NKMPUIP (PUMPKIN)
ATNCOLUAP (CANTALOUP)

3.–GROW YOUR OWN MIXED VEGETABLES
(Part 2)



ANSWER SHEET

4.–THE KEY NUTRIENT MATCH

Protein	**1. builds and repairs body cells.** 2. is abundant in green leafy vegetables. 3. is needed by children only.
Fats and Carbohydrates	1. are good for weight watchers. 2. eliminate tooth decay. **3. give energy for work and play.**
Calcium	1. builds skin cells. **2. helps build bones and teeth.** 3. is a vitamin.
Iron	1. helps your nerves carry messages. 2. improves eyesight. **3. builds red blood cells.**
Thiamin	**1. promotes good appetite and digestion.** 2. heals wounds. 3. produces muscular disability.
Riboflavin	1. regulates heart beat. **2. combines with protein to form enzymes.** 3. causes loss of appetite.
Niacin	1. repairs muscles. 2. builds body cells. **3. is called the pellagra preventing vitamin.**
Vitamin C	**1. helps hold body cells together.** 2. makes your gums bleed. 3. promotes digestion.
Vitamin A	1. helps your muscles work. **2. helps you see in the dark.** 3. helps blood to clot.

5.–KNOW YOUR NUTRIENTS

1 P	R	O	4 T	E	6 I	N
E			E		R	
A		17 C	A	19 L	O	R
22 N	I	A	C	I	N	
U		31 T	H	E		35 D
T			E			A
43 S	T	A	R	C	H	Y

6.–A MENU PLANNER'S DREAM

1. TRVIYAE	VARIETY
2. UIRSTOTNUI	NUTRITIOUS
3. LEVBAESGTE	VEGETABLES
4. INMA HSDI	MAIN DISH
5. RTIFUS	FRUITS
6. ASYFTIGNIS	SATISFYING
7. LSDASA	SALADS
8. ZPEAGPINTI	APPETIZING
9. RUOLOCFL	COLORFUL
10. SERDSTE	DESSERT

7.–NAME A NUTRIENT

POULTRY
DRYBEANS
HOTDOG
TURKEY
BEEF
FISH
TUNA

LIVER
COLLARDS
MOLASSES
BEANS

GUAVA
TURNIPS
TANGERINE
GRAPEFRUIT
TOMATO
CAULIFLOWER
ORANGE
CABBAGE

ENDIVE
APRICOTS
CARROTS
KALE
PUMPKIN
SPINACH
PRUNES
SQUASH

ANSWER SHEET

8.—SCORE WITH THE BASIC FOUR

MILK GROUP
Whole Milk
Evaporated Milk
Cheddar Cheese
Swiss Cheese
Buttermilk
Ice Cream
Dry Milk
Skim Milk
Cream Cheese
Blue Cheese
Ice Milk
Coffee Cream

BREAD-CEREAL GROUP
(Whole Grain or Enriched)

Biscuits
Boston Brown Bread
Cornbread
Muffins
Pancakes
Raisin Bread
Rolls
Rye Bread
Waffles
White Bread
Whole Wheat Bread

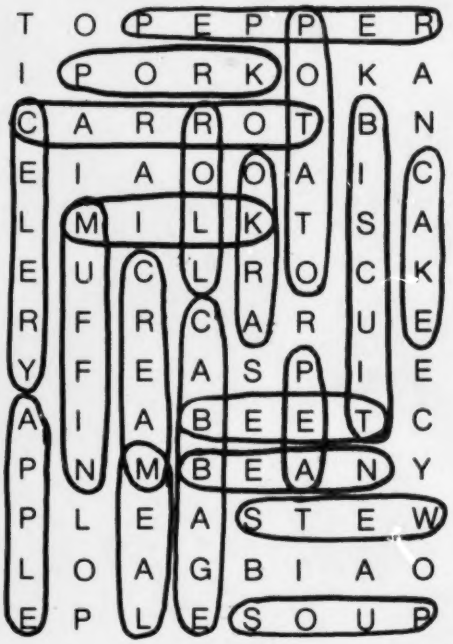
Crackers
Corn Grits
Hominey
Macaroni
Noodles
Oatmeal
Ready-to-eat Cereal
Rice
Rolled Oats
Rolled Wheat
Spaghetti

FRUIT-VEGETABLE GROUP
Asparagus
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Corn
Cress
Eggplant
Green Pepper
Green Beans
Green Peas
Kale
Lettuce
Lima Beans
Mushrooms
Onions
Parsley
Potatoes
Pumpkin
Rutabaga
Sauerkraut
Spinach
Swiss Chard
Tomatoes
Sweetpotatoes
Tomato Juice
Turnip Greens
Turnips
Watercress
Wax Beans
Zucchini Squash

Apple
Apricots
Banana
Blueberries
Cantaloup
Cherries
Dates
Figs
Grapefruit
Grapefruit Juice
Grapes
Honeydew Melon
Lemons
Limes
Mangos
Nectarines
Orange Juice
Oranges
Papaya
Peaches
Pears
Persimmons
Pineapple
Plums
Prunes
Raisins
Raspberries
Rhubarb
Strawberries
Tangelo
Tangerines
Watermelon

MEAT GROUP
Beef
Lamb
Pork
Veal
Fish
Chicken
Duck
Turkey
Ham
Liver
Frankfurter
Goose
Liverwurst
Dry Beans
Peanut Butter
Ground Beef
Stewing Lamb
Pork Chops
Veal Chops
Salmon
Tuna
Shrimp
Oysters
Kidney
Sausage
Salami
Bologna
Sardines
Dry Peas
Eggs

9.—SCRAMBLE FOR YOUR FOOD



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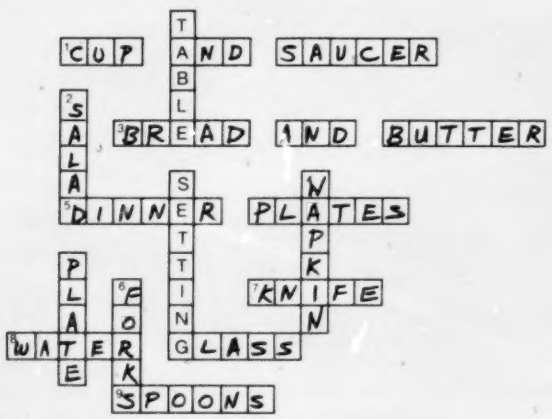
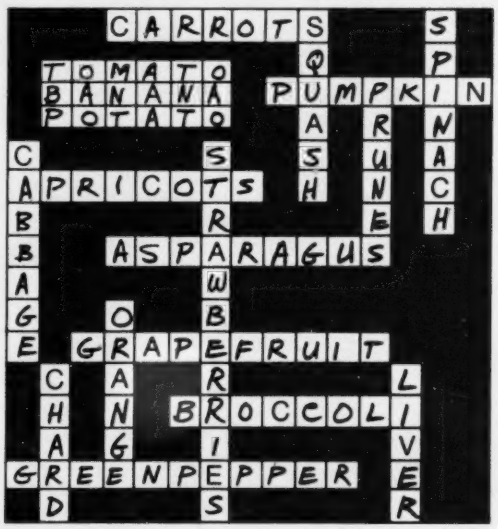


11.—THE VITAMIN ROAD TO GOOD NUTRITION



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